

SAN DIEGO PUBLIC LIBRARY PATHFINDER

Asthma

This pathfinder provides information in support of the Be Well Informed @

your library program. You can read more about the program, events, and access this and other resources on the Web site at <http://www.sandiego.gov/public-library/news-events/bewell.shtml>



Overview

Asthma is a reversible obstructive lung disease, caused by increased reaction of the airways to various stimuli. It is a chronic inflammatory condition which can be a life-threatening disease if not properly managed.

In 2002, it was estimated that 20 million Americans had asthma. Of these, 11.9 million Americans (4.2 million children under 18) had an asthma attack or episode during that same year. In 2001, there were 4,269 deaths attributed to asthma - an age-adjusted rate of 1.5 per 100,000.

Close to 1.9 million emergency room visits were attributed to asthma in 2002.

The annual direct health care cost of asthma is approximately \$11.5 billion; indirect costs (e.g. lost productivity) add another \$4.6 billion, for a total of \$16.1 billion dollars.

This overview information is from the [American Lung Association](#).

San Diego Public Library is partnering with Walgreens to present a series of seminars on asthma in five of our SDPL branches. Below are some additional ways to find information in the collections, print and online, of the San Diego Public Library.

[Information In Books](#) | [Information in Magazines and Newspapers](#) | [Library Subscription Databases](#) | [Information on the Internet](#)

Information in Books

Information on asthma may be found by searching the Library's [Web Catalog by subject](#) or [by keyword](#). The most relevant subject heading is "asthma." You may also search by subject for a subdivision of asthma, such as "[Asthma – alternative treatment](#)," for more narrowly focused information.



Selected Titles

- What to do when the doctor says it's asthma : everything you need to know about medicines, allergies, food, and exercise to breathe more easily every day, by Paul Hannaway. 2004. 616/238/Hannaway
- Help your child gain control over asthma. 2004. EP 4.2:AS 8/2. Online information:
<http://purl.access.gpo.gov/GPO/LPS59468>
- Health effects of omega-3 fatty acids on asthma : summary / [Howard M. Schachter ... [et al.]]. 2004. HE20.6524:91/SUM
- Asthma for dummies / by William E. Berger ; foreword by Jackie Joyner-Kersey. 2004. 616.238/BERGER
- The asthma and allergy action plan for kids : a complete program to help your child live a full and active life, by Allen J. Dozor and Kate Kelly. 2004. 618.9297/DOZOR
- The Harvard Medical School guide to taking control of asthma : a comprehensive prevention and treatment plan for you and your family, by Christopher H. Fanta, Lynda M. Cristiano, Kenan E. Haver, with Nancy Waring. 2003. 616.23806/FANTA
- National Asthma Education and Prevention Program (National Heart, Lung, and Blood Institute). Second Expert Panel on the Management of Asthma. Expert panel report [electronic resource] : guidelines for the diagnosis and management of asthma : update on selected topics, 2002. HE 20.3208:2003021156
Online information:
<http://purl.access.gpo.gov/GPO/LPS44202>
- The complete kid's allergy and asthma guide : the parent's handbook for children of all ages / [general editor, Milton Gold]. 2003. 618.9297/COMPLETE
- The whole family guide to natural asthma relief : comprehensive drug free solutions for the treatment and prevention of asthma and allergies, by C. Leih Broadhurst, with Vladimir Badmaev. 2002. 616.23806/BROADHURST
- Pocket guide for asthma management and prevention [microform] : a pocket guide for physicians and nurses / Global Initiative for Asthma. 2002. HE 20.3208:AS 8/10 / Online information:
<http://purl.access.gpo.gov/GPO/LPS34766>
- My house is killing me! the home guide for families with allergies and asthma, by Jeffrey C. May. 2001. 616.97/MAY



Information in Magazines and Newspapers

Use the databases listed below to find information about asthma. The latest developments in treatment of diseases are often reported in magazines and newspapers before they appear in books and other formats.

Library Subscription Databases

To access these databases, use our [Catalog & Databases page](#). Subscription databases are accessible at all San Diego Public Library locations and remotely with a valid Library Card. If you need help, ask a Librarian or Library staff member.

Alt HealthWatch - Over 170 alternative medicine and complementary health magazines and journals.

Health & Wellness Resource Center - Health and medical information for lay research from periodicals, reference books, and pamphlet sources.

Health Source: Consumer Edition - Consumer health information, including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health, with over 300 journals covered. Updated daily.

Health Source: Nursing/Academic Edition - Over 550 scholarly full text journals focusing on many medical disciplines, with abstracts and indexing for over 850 journals. Updated daily.

Information on the Internet

American Academy of Allergy, Asthma & Immunology - Consumer Education

The patient and consumer portion of the Web site offers resources about asthma and its treatment, an electronic Health Headlines service, and a physician referral directory.

<http://www.aaaai.org/patients.stm>

American Lung Association

Founded in 1904 to fight tuberculosis, the American Lung Association today fights lung disease in all its forms, with special emphasis on asthma, tobacco control, and environmental health. Their site offers information about the disease, treatment options, and ways to get involved in the association.

<http://www.lungusa.org/>



American Association of Health Plans - Taking on Asthma

This site provides information about an initiative to reduce the negative health consequences associated with asthma.

<http://www.takingonasthma.org/>

The Asthma and Allergy Foundation of America (AAFA)

The Asthma and Allergy Foundation of America (AAFA), a not-for-profit organization founded in 1953, is a patient organization for people with asthma and allergies. In addition to providing information about asthma and its treatment and prevention, the site offers an "Ask the Allergist" e-mail service.

<http://www.aaafa.org/>

Centers for Disease Control and Prevention - Asthma and Allergies

This CDC site covers basic facts about asthma, asthma's impact on children and teens, and treatments.

<http://www.cdc.gov/health/asthma.htm>

MedlinePlus

MedlinePlus is a goldmine of good health information from the world's largest medical library, the National Library of Medicine (NLM). The site provides information on more than 650 health topics plus offers a health encyclopedia and dictionary.

<http://medlineplus.gov/>

Health information written in easy to understand language.

http://www.nlm.nih.gov/medlineplus/easytoread/all_easytoread.html

National Institutes of Health

This site explains what asthma is, what causes it, who is at risk, signs and symptoms, diagnosis, treatment, prevention, and how to live with it.

http://www.nlm.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html

